PBA SAFETY GLANCE



Safety Element for fiscal year 2017:
Lost Day Case:
0.00
Award Goal: 0.57

* Lost time injuries for fiscal year 2018 is zero. There are zero lost time injuries as of Dec. 8.

*Recordable injuries for fiscal year 2018 are four. There are zero recordable injuries as of Dec. 8.

*Pine Bluff Arsenal days without a lost time injury is <u>92</u>.

*Pine Bluff Arsenal days without a recordable injury is 23.

*Estimated hours worked without a lost time injury: 398,310.

IN BRIEF Fitness Center posts holiday

Pine Bluff Arsenal's Fitness Center will be on holiday hours starting now until Jan. 8, 2018.

Hours are:
•Monday through
Thursday-5:30 a.m. to 6

Thursday-5:30 a.m. to 6 p.m.
• Friday-9:30 a.m. to

6 p.m.
• Closed Saturday and

Sunday For further information, call 540-3778 or

ON THE INSIDE

540-3779.



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Practice good OPSEC.

If you SEE something

SAY something...

VIP Visit



Steffanie Easter, Acting **Deputy Secretary of the** Army for Acquisition, Logistics, and Technology (ASA (ALT)), models one of the neck dams while touring Pine Bluff Arsenal's textile production facility during her visit Nov. 29, as Caitlin (Buchanan) Belknap, with PBA's Engineering and Technology **Directorate and Doug Bryce, Joint Program Exec**utive Office Chemical and **Biological Defense look on.**

Ú.S. ARMY PHOTOS BY HUGH MORGAN

Steffanie Easter, Acting Deputy Secretary of the Army for Acquisition, Logistics, and Technology (ASA (ALT)), toured a mortar production line during her visit in November. Dewayne **Stewards, Britt Murray** and Albert Lowery, production workers with Pine Bluff Arsenal's Directorate of Ammunition Operations, observed as Easter stepped in to stencil a M1124 mortar on the Load and Pack





Allen Dehagani with Pine Bluff Arsenal's Directorate of Engineering and Technology explains the components used for the Dismounted Reconnaissance Sets, Kits and Outfits operation to Steffanie Easter, Acting Deputy Secretary of the Army for Acquisition, Logistics, and Technology (ASA (ALT)) during her first visit to the Arsenal Nov. 29.

PBA MLK nominations being sought

In recognition of Dr. Martin Luther King, Jr's. Commitment to gain equality for all, the Pine Bluff Arsenal Equal Employment Opportunity Office is currently accepting nominations for its' annual Dr. Martin Luther King, Jr. Humanitarian Award.

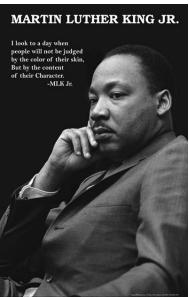
Nominations will be accepted until 4 p.m., Dec. 22, and should be submitted to Barbara J. Abraham. Nominations may be submitted via e-mail to barbara.j.abraham4.civ@mail.mil, via on post mail to "EEO Office", or via fax at 540-3023. For further information, please call the EEO Office at 540-3292, 540-3063 or 540-3095

The award will recognize an individual

who has given freely from their hearts to others, given their talent, time and energy to meet unmet needs, stirred hope, spoke for the voiceless, built a better world, if for just one person at a time.

Individuals who volunteer their time and talents are the primary focus. We also seek people working in service positions whose passion for people or causes they serve pushes them to regularly go above and beyond their job duties. All employees are encouraged to participate.

The award will be presented on Jan. 11 during the MLK celebration at Creasy Auditorium.



Right Today

Accomplishing the mission "right today" simply means complying with regulations, policies, plans, work instructions, SOPs, and other requirements. We will not compromise the quality of products that will be used by our Warfighters and when we make these products, we will minimize impact on the environment and we will ensure no one gets hurt in the process.

Better Tomorrow

"Better tomorrow" means that every day, we will make improvements. Every time we start a manufacturing or administrative process, it should be more efficient and more environmentally friendly than it was before. Every day should be safer than the last one.

Commander's Column

the chance to spend time with family and friends during the Thanksgiving holiday, and to reflect on what you are thankful for.

During this time of the year, many of you will take advantage of annual leave opportunities to spend time with family and friends, decompress from work, complete Christmas shopping, and hunt.

With the winter months approaching, please be aware of weather conditions. Even though the recent weather has been unseasonably warm, hopefully you have completed your preventive maintenance on your vehicle and home to ensure you have the necessary safety or emergency items on hand during any winter weather.

During your morning and evening com-

I hope everyone had time for your routes and slow down during bad weather – be vigilant when road surfaces are wet from rain, snow, and ice. And, continue to watch for wildlife on and off the installation.

The Arsenal hosted a visit Nov. 29 with Steffanie Easter, Acting Deputy Secretary of the Army for Acquisition, Logistics, and Technology (ASA (ALT)).

This was Easter's first visit to the Arsenal. The visit included an overview briefing about PBA, pyro demonstration, production line tours and discussions on the CBRN Logistics Hub. During the visit, Arsenal personnel were able to showcase their readiness abilities. These visits are key to synchroremaining nized across the PBA stakeholder commu-

In early November, mutes, please give the Arsenal hosted and vourself plenty of extra participated in the PM-



Col. Kelso C. Horne III

CCS Program Management Review. Our Ammunition customers saw how we do what we do. Since personalities change, it is important to bring organizations back to the Arsenal on a regular schedule.

The Arsenal hosted eighth annual Wounded Warrior hunt Dec. 8-10 Once again the installation came together as a team and welcomed veterans who have served our country

Wes in harm's way. Sparks, the Fire Department, the Directorate of Public Works, and many others are to be commended for their efforts and making this a memorable experience every year for our service mem-

A story and photos about the event will be published in the January 2018 edition of the Arsenal Sentinel.

Thank you for what you do every day to support the Arsenal, our Nation, and our service members. Enjoy what you do; make a difference, and most of all have fun.

Thank you for being part of the PBA team. My Family and I wish you all the best this holiday season. May you have a very Merry Christmas and a Happy New Year!

"Mission First. People Always. Enjoy What We Do." Ethically speaking...

Ethics still apply during holidays

Courtesy of Pine Bluff Arsenal Legal Office

The Holiday season is traditionally a time of parties, receptions, and exchanging gifts. The Standards of Conduct ethics rules, however, still apply during the holidays. To ensure you do not unwittingly violate the ethics standards, a brief summary of the rules is set out below.

Office Holiday parties

a. Generally, office parties are unofficial events. You may not use appropriated funds to pay for them or use Government vehicles for support.

b. You may not solicit outside sources for contributions for your party. This includes funds, food, decorations, and gift items.

c. A workplace holiday celebration may be

publicized by an e-mail announcement and by posting a few flyers within the work area. The key is to keep the use of Government resources modest and reasonable. Government printing support for invitations and costly posters is not appropri-

d. You may invite contractor employees to attend a workplace holiday celebration, but their attendance must be at no cost to the Government. Be mindful of avoiding the appearance of partiality or favoritism when inviting contractors. Contractor employees may not be asked to organize holiday events.

Pine Bluff Arsenal

Army Substance

Abuse Program (ASAP)

Employee Assistance Program

EAP can help

you with:

*Emotional

problems

*Financial

problems

*Health

issues

*Marriage and

management

of public information.

edge and expertise.

family problems

*Substance abuse

SEE ETHICS PAGE 6

Social Security

Social Security's gift to children is security

By Tonya Cater Social Security Public Affairs

During the holiday season, most of us, regardless of religion or beliefs, focus on the children we love. Caring for children is one of the best ways to safeguard the future. And we at Social Security know a thing or two about helping children.

The application for a Social Security number and card is sometimes overlooked in the paperwork that parents fill out in preparation for a child's birth.

Typically, the hospital will ask new mothers if they want to apply for a Social Security number for their newborn as part of the birth registration process. This is the easiest and fastest way to apply. The Social Security card typically arrives about a week to ten days after that little bundle of joy! You can learn about Social Security numbers for children by reading our publication, Social Security Numbers for Children, available at www.socialsecurity.gov/pubs.

A child needs a Social Security number if he or she is going to have a bank account, if a relative is buying savings bonds for the child, if the child will have medical coverage, or if the child will receive government services. You'll also need a Social Security number for a child to claim him or her on

If you wait to apply, you will have to visit a Social Security office and you'll need to:

· Complete an Application for a Social Security

Card (Form SS-5); • Show us original documents proving your

child's U.S. citizenship, age, and identity; and • Show us documents proving your identity.

A child age 12 or older requesting an original Social Security number must appear in person for the interview, even though a parent or guardian will sign the application on the child's behalf.

Children with disabilities are among our most vulnerable citizens. Social Security is dedicated to helping those with qualifying disabilities and their families through the Supplemental Security Income (SSI) program. To qualify for SSI:

 The child must have a physical or mental condition, or a combination of conditions, resulting in "marked and severe functional limitations." This means that the condition(s) must severely limit your child's activities;

• The child's condition(s) must be severe, last for at least 12 months, or be expected to result in death; and

 The child must not be working and earning more than the Substantial Gainful Activity limit (\$1,180 a month in 2018).

If your child's condition(s) does not result in "marked and severe limitations," or does not result in those limitations lasting for at least 12 months, your child will not qualify for SSI.

Family resources are also considered. If the parents of the child or children have more resources than are allowed, then the child or children will not qualify for SSI. You can read more about children's benefits at www.socialsecurity.gov/pubs/EN-05-

Visit www.socialsecurity.gov/people/kids to learn more about all we do to care for children. Social Security is with you and your children through your life's journey, securing today and to-

*Stress management *Anger management EAP can help you:

*Identify problems *Resolve issues

*Improve your quality of life

> ..Many names..one goal, to help you in a time of personal crisis or other trouble.

Come visit with EAP staff members Pat Jenkins, Paula Smith, Cassandra Cosen and Dee Jermon at Building 13-040 or call 870-540-3094.

Army Regulation-360

AR 360-1 is the regulation that governs the release

This includes what to release and how to release it to

Only the commanders and their designated repre-

the public, non-releasable subjects, and items that

need to be cleared through public affairs channels prior

to release. The Public Affairs Program is the overall re-

sentatives are authorized to speak for the Pine Bluff

Arsenal. The PAO acts as the liaison between the

media and the installation. However, employees are

encouraged to speak to civilian professional groups on matters in which the individual has personal knowl-

fairs Office. They shouldn't comment on military mat-

ters that are beyond their knowledge and experience.

Obviously, classified information won't be discussed at

This needs to be coordinated through the Public Af-

sponsibility of the Arsenal commander.

No thanks best answer to restricted gifts

six-part series ethics.)

By Kari Hawkins Army Materiel Command Public Affairs

When it comes to work-related gifts, the best advice for a government employee is generally to not accept them.

Consider the following:

• An employee used their government credit card to purchase office supplies. The retailer thanked the employee free briefcase. After a Department of Defense inspector general's investigation, the briefcase was returned and the employee disci-

• An employee was disciplined for soliciting donations for a school event from coworkers while on duty and at work.

• An Army general visited New York City with his wife. During his stay, the general accepted two complimentary meals from the president of a defense contractor with multiple DOD contracts. The contractor also gave the general two free tickets to see a Broadway show. Upon investigation, the IG found the person who seeks offi- exceptions to the basic

story is part four in a violation of the ethics ployee's agency, does or **on** rules. For this and other violations, the general was fined and forced to retire at a lower rank.

of Ethical Conduct for Employees of the Executive Branch (5 C.F.R. Part 2635).

"There are significant restrictions on the acceptance of gifts by military and civilian employees of Executive Branch agencies," said Larry Wilde, an attor-

for the Army Maby giving the gift of a teriel Command who ployee who is receiving specializes in ethics. a gift has any official "The underlying reason duties involving the for gift restrictions is contractor or whether the fundamental obli- the employee is on or gation of federal employees to place loyalty to the Constitution, laws and ethical principles above private gain to unintended results if in order to earn and retain the public's trust."

The Standards of Ethical Conduct regulations prohibit federal employees from soliciting or accepting any gift from a "prohibited source" or any gift given because of the employee's official position, unless the item is excluded from the regulatory definition of a kind of gift from your gift or falls within an spouse," Wilde said. express exception. A "Fortunately, the ethics "prohibited source" is a rules provide a list of

(*Editor's note: This is* general's actions to be a cial action from the emseeks to do business with their agency, conducts activities regulated by their agency, or All are violations of has interests that may the gift regulations be substantially affound in the Standards fected by the performnon-performance of the

employee's official du-

"Employees of defense contractors, for example, are consid-'prohibited ered sources' as pertains to DOD employees," Wilde said. "The rules apply regardless of whether the DOD emoff duty.

But applying such broad gift restrictions would sometimes lead no exceptions are permitted, Wilde said. "Under these regulations, for example, if your spouse works for a defense contractor and you are a DOD employee, your spouse would be considered a prohibited source and, absent an exception, you would be prohibited from accepting any

One of these exceptions is for gifts that are given clearly based on personal relationships. The history and nature of the relationship such as a marriage or a father-daughter connection - and whether the person or the employer is paying for the gift are relevant considerations in determining whether this exception is met."

There are other gift exceptions in the Standards of Ethical Conduct rules. A common exception is that employees may accept a gift from a prohibited source, or one given because of the employee's official position, if the fair market value of the gift does not exceed \$20 per occasion, or \$50 in multiple gifts from the same source in a calendar year.

"Before accepting any gifts, however, the employees should also consider the appearance that accepting these gifts might create," Wilde said. "Just because a gift exception could apply does not mean an employee should accept a gift if the could cause the public to reasonably question the employee's integrity or impartiality."

circumstances

SEE GIFTS PAGE 4

Arsenal Sentinel

Col. Kelso C. Horne III, Commander Roch Byrne, Deputy to the Commander Cheryl Avery, Public Affairs Officer Rachel Selby, Editor Hugh Morgan, Photographer Stan Nelson, Webmaster







Keanon Reep, Advertising Manager Gate House Media. Printer

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Hails and Farewells

Damaris Sullivan-Powe, Program Specialist (SHARP), has joined the Office of the Commander – Employee Assistance Program.

Emily Weissenfluh, Physical Science Technician, has joined the Directorate of Chemical and Biological Defense Operations.

Robert Helsel, Materials Handler, has joined the Directorate of Material Management.

Steve Reeves, Motor Vehicle Operator, has joined the Directorate of Material Management.

Retirements

Juanita I. Miles, chemist, has retired from the Directorate of Risk Management and Regulatory Affairs. Miles retires with 27 years of service.

Sharon N. Larsen, Security Specialist (Operations), has retired from the Directorate of Law Enforcement and Security. Larsen retires with 15 years of service.

Larry W. Harris, Hazardous Materials Handler Leader, has retired from the Directorate of Material Management. Harris retires with 44 years of service.

Transfer

Radell S. Nelms, Electrician, has transferred from the Directorate of Public Works to the Veterans Affairs Administration in Little Rock.



The Arsenal Sentinel story on Nov. 9 on the GSA Supply Store incorrectly identified the supply vendor. The vendor is Alphapointe/Ability-One.

Freer joins Business Ops

By Rachel Selby Jordan Freer joined Pine Bluff Arsenal's Directorate of Business Operations as a project manager in October. Freer, who had been working at PBA in the Directorate of Engineering and Technology since 2007, replaces DeAnne Florquist who recently departed the Arsenal.

A resident of Sheridan, Ark., Freer will be responsible for various projects and portfolio management for sensi-tive or critical projects, as part of a strategic effort to provide im- blunt trauma grenade proved readiness and expanded more to a value to the Warfighter

- the Arsenal's most valued customer. "I'm taking over DeAnne's projects which includes HX (less toxic smoke mix composition) production, the Chemical Re-

connaissance Explosives Screening Set or CRESS, Dismounted Reconnaissance Sets, Kits, and Outfits or DRSKO lifecycle support, 20th ČBRNE Counter Weapons of Mass Destruction Kits and the 81mm non-lethal Indirect Fire Munition," said Freer. "The HX is a multi-part project that includes a mix facility and canister production set up for PM-CAS (Project Manager Combat Ammunition Systems), as well as preliminary work on an AN-M8A1 HX grenade for PM-CCS (Project

Prior to this position, he worked as a project engineer and project manager with E&T, where he provided support for various chemiand biological defense programs including the large filter production and decontamination kit produc-

Manager Close Combat

Systems)."

One of the first projects I worked on when I got here was the automated M295 Individual Equipment Decontamination Kit line and bringing it on line," he said. "It didn't work as well as we liked it to at first but we got it up and running.

Freer said that his role on the M98 nondistraction grenade and the M99



Jordan Freer

project manager role when he was at E&T.

"I have had the project manager experience with two projects. This position now is definitely a challenge. I have to back away from the technical side a bit but also be able to track and monitor every aspect of the different projects I'm a part of," said Freer.

He said that a few of his projects are highprofile such as the 20th CBRNE project. "This is a hot item right now. We have representatives coming in this month to discuss concepts on the kits," he said. "There is a lot of high visibility on this

Freer, who is originally from Gurdon, Ark., has a Bachelor of Science degree in in-dustrial engineering and a minor in business management from the University of Arkansas at Fayetteville. He maintains a level two Defense Acquisition University certification

in systems engineering. In 2012, he received commendation from PM-CCS in recognition of his support for the M98/M99 grenades achieving full material release approval. In 2016, he received the Commanders Award for Civilian Service in recognition of his engineering and management support for the M98/M99 and M82 grenades.

"There will be a lot more oversight on these projects with the project management," he said. "It will allow us to track the high-visibility projects more closely.

Retirement



Pine Bluff Arsenal **Commander Col. Kelso** Horne presents a retirement certificate to Larry Harris. Harris, a hazardous material handler leader with the **Directorate of Material** Management, retired from the Arsenal recently with 44 years of service.

U.S. ARMY PHOTO BY **HUGH MORGAN**

CPAC Corner

What is Civilian Service?

Courtesy of Pine Bluff Arsenal CPAC

Army Civilian Service provides mission-essential support to Soldiers by providing a workforce of talented, qualified civilians to fill critical noncombat roles. These include careers in engineering, finance, medicine and much more.

Army Civilian Service employees receive a benefits package designed to provide a comfortable and secure work-life balance. These benefits include:

Competitive salaries

Paid holidays, sick leave, and vacation time

• A flexible work environment

 Comprehensive health and life insurance options with a substantial employer contribution to premiums

•A three-tiered retirement program with matching employer contribution

• Bonuses, awards and other incentives for job

Put your military experience to work and continue your service to the nation.

If you are a veteran, you may be eligible for preference in hiring over non-veteran applicants. Veterans' preference was established by Congress to recognize those who have served in the U.S. military. While veterans' preference does not guarantee you'll be hired, it does help your resume stand out among other applicants.

If you are unsure of your eligibility, visit FedsHireVets.gov.

Military spouses may be eligible for noncompetitive appointment or preference when seeking federal employment through Army Civilian Serv-

Whether you are a seasoned professional or just beginning your career, Army Civilian Service

about special hiring authorities for military CFR 213.3102(u)) Hiring Authority.

spouses and family members.

Learn more by visiting the USAJobs Source Spouse Center.

Student work programs within Army Civilian Service offer valuable on-the-job experience, training and avenues for advancement. Whether you are in high school, college, or graduate school, student work opportunities allow you to develop specialized skills and gain meaningful career-related experiences. Student positions are available throughout the United States, may be filled at any time during the year and are typically located on or near a U.S. Army installation.

Army Civilian Service will fill more than 100,000 jobs in the next three to five years. Match your college major to in-need career fields with the Federal Jobs by College Major chart.

Army Civilian Service has an established culture of growing leaders. The Career Intern Program prepares entry-level employees for advancement in professional, administrative and technological career fields.

The Army promotes employment opportunities for students and recent graduates through the Pathways Programs.

If you have a disability, you may qualify for competitive and noncompetitive federal employ-

Disabled individuals may qualify for Army Civilian Service based on a special appointing authority. Applicants must be able to perform the essential duties of the job with reasonable accommodation.

Noncompetitive employment is also available for individuals with severe physical, psychiatric or intellectual disabilities. Candidates must provide documentation of their disability and proof of job provides challenging, stable job opportunities readiness signed by a licensed medical profesthat may transfer from installation to installation. sional, a licensed vocational rehabilitation spe-Military Spouse Preference is a Department of cialist, or a representative from any federal or Defense program applicable to positions in the state agency that provides disability benefits. Cancontinental United States and overseas.

Visit America's Veteran for more information

didates who are selected for noncompetitive appointment are hired through the Schedule A (5)

How to read your SF-50

Courtesy of Pine Bluff is not defined in The above. For more infor- ice. Arsenal CPAC

If you don't know which service you're in or your appointment type, you can refer to your SF-50 (Notification of Personnel Ac-

When looking for your appointment type, look for Block 24 named "Tenure" on your SF-50. You may see a 0, 1, 2, 3 or aster-

A 0 indicates that you may be in the Senior Executive Service or appointed by the President subject to Senate confirmation. You may

Guide to Data Stanyou're a permanent, career employee and have completed three years of service. A 2 indicates that you're a careerconditional employee. position, but you haven't completed three years of service yet and may still be in your probation period. A 3 indicates a temporary or term appoint-

that you were appointed through a spealso be in a group that that deviates from the Senior Executive serv-

mation, contact the dards. A 1 indicates that PBA CPAC if you're unyour Tenure block. When looking for

your positions type, look at Block 34 named occupied". "Position You're in a permanent You may see a 1, 2, 3, 4 or asterisk.

A 1-Competitive Service indicates you're in the Competitive service. A 2-Excepted Service indicates you're in the Excepted service. A 3-SES General indicates An asterisk indicates you're in the Senior Executive service. A 4-

If you have an asterisk or questions about sure about what's in Block 34, contact the PBA CPAC to tell you the service type.

The Department of Defense and other agencies have exceptions to these rules. For example:

• If you have Tenure: 0 and Position occupied: 1, you're a current temporary employee.

• If you have Tenure: 3 and Position occupied: 1, you're a current term employee.

If you see a combina-SES Career Reserved tion of numbers you cific hiring authority indicates you're in the don't understand, contact the PBA CPAC.

Online Conduct Think. Type. Post

moral obligation to uphold the Army Values, which apply to all aspects of our life. When using electronic communicaternet and social media in general, the standards of our conduct have not.

apply "Think, Type, Post"

-"Think" about what messages/infor-

wherever, whenever, and however it oc- could potentially view it; "Type" messages curs. Whether in the form of online or convey information that is consistent harassment, assault, bullying, hazing, with the Army Values; and "Post" if the misconduct, we hold ourselves and others. ers accountable.

Trustworthy Army Professionals do not Type, Post."

"Army Professionals, by our solemn tolerate double standards; anything that oath, voluntarily incur an extraordinary is unacceptable to say or do in person is

Although our lives are changed by the In- tion, members of the Army Team should

Online misconduct is misconduct - mation is being communicated and who

stalking, discrimination, retaliation, im- message/information is responsible and proper relationships, or any other type of demonstrates dignity and respect for oth-Remember whenever on online -Think.

P DEPMED storage changes are coming

By Rachel Selby

Improved storage methods for the Collectively Protected Deployable Medical Systems or CP DEPMEDS program are in the works, according to Marcus Burris, project coordinator, with Pine Bluff Directorate of Chemical and Biological Defense Operations.

"Right now there are 12 units here at Pine Bluff, and two in Korea," said Burris. "There will always be two CP DEPMED units packed and ready to go from here within a 72-hour period."

The CP DEPMEDS is designed to provide collective protection to the core components of Combat Support Hospitals, according to a PBA fact sheet. The unit consists of tents, passageways, shelters and other collective protection equipment to create a controlled patient treatment area that is clean and chemical-free. There are two different styles – tan and green.

"The Army has the tents. We provide the membrane that goes inside the tents that protect them. They are like balloons," said Brent Carr, CB leader with the CP DEPMEDS project. "The membranes are over-pressurized and expanded. Everything is in the mil van to make it a chemicalfree environment."

According to information provided by Burris, each CP DEPMED the environment. The proposed ap-done in the maintenance area."

proach, which is similar to what the U.S. Navy is currently using, will store the kits unpackaged on shelving inside a warehouse.

"There are several reasons for moving to the warehouse environment - including labor reduction during Care of Supplies on Storage or COSIS, surveillance, container certification and pre-deployment inspections," read the information from JPEO-CBD. "This type of environment will help to reduce deployment time for material inspection rather than having to unload, inspect and re-pack. This method will also improve long-term storage resulting in longer shelf life."

Other pluses for this type of storage include timely customer service, greater asset visibility as well as less labor intensive, more efficient

The process of moving to the warehouse environment has been in the works for almost 10 years, according to Burris.

"The reasoning behind this new method is cost effectiveness and readiness," he said. "The large area maintenance shelter (located near the PBA Motor Pool area) was built for the type of work we are doing now with these units. Two warehouses up on the northern end of the installation are being looked at for this new storage, however, all the kit is stored in mil vans outside in maintenance and loading will be

Warehousing storage options for the Chemically Protected Deployable Medical Systems is currently being discussed for this project at Pine Bluff Arsenal. Pictured are storage methods currently used by the U.S. Navy for similar items. The CP DEPMEDS is designed to provide collective protection to the core components of Combat Support Hospitals and keep them clean and chemical-free. U.S. ARMY PHOTOS





GIFTS

Continued from Page 2

Other common gift exceptions apply for certain awards and honorary degrees; gifts based on the outside business or employment relationship of the employee's spouse and meals and refreshments in foreign areas under certain circum-

"DOD employees can also accept free attendance to gatherings, such as dinners

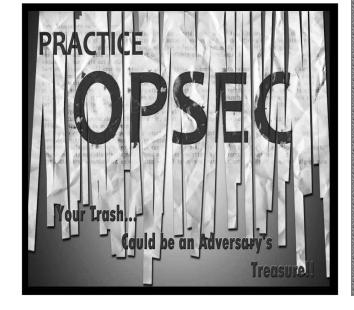
or galas, that are attended by a large and diverse group of people, as long as there is a written determination made by the employee's 'agency designee,' generally the supervisor that the employee's attendance serves the interests of the agency and outweighs the concern that the employee may be, or appear to be, improperly influenced in the performance of official duties," Wilde said. There are also some common items that are simply excluded from federal gift restrictions.

"Probably the most common of these exclusions are commercial discounts and benefits available to the public or to all federal employees or members of the military," Wilde said. "This is why employees may accept military discounts or special hotel rates offered to all government employees when the offer is not based on rank. Plaques, certificates and trophies of little intrinsic value that are intended primarily for presentation are also not subject to the gift restrictions."

The federal gift regulations prohibit employees from ever soliciting a gift. For example, service contractors who are working with federal employees may not be solicited to contribute to office parties or workplace fundraisers, and may never be permitted to contribute to group gifts for federal employees.

Employees should report gifts from outside sources to their supervisor or servicing ethics counselor. Improper gifts may be returned or the donor may be reimbursed fair market value. Tangible items valued up to \$100 may be destroyed or, if the item is perishable, the employee's supervisor may approve that it be shared in the office, given to charity or destroyed.

There are separate statutes and regulations concerning gifts from foreign governments, the acceptance of certain travel benefits and gifts between federal employees. "The gift rules can be complicated and counter-intuitive at times. Naturally, the best way to avoid accepting an improper gift is to not accept it in the first place. Whether or not a gift exception applies, it is never okay to accept a gift in return for being influenced in the performance of duty or to give the appearance of using your public office for private gain," Wilde said.



Berry passionate about fitness

By Rachel Selby

Her warm, enthusiastic personality is infectious. Once you meet her, Kathy Berry, Pine Bluff Arsenal's new fitness instructor, she will win you over with her smile and positive atti-

"My programs will be different because I'm here," she said. "Instead of showing someone how to use the equipment or do an exercise, I plan to work out with them. By being a part of what that person is tryto accomplish, I can help them get there."

Berry, whose husband, Bradford, works for the Directorate of Law Enforcement and Security, said that many people are intimidated by the gym and working out.

'I want to get them familiar with doing it so it becomes routine. I want to start them out with the basics instead of overwhelming them with too much," she said. "We will start with low impact exercises because lots of folks have bad knees and bad backs. I want to keep everyone encouraged and motivated."

One fitness program that Berry is bringing back in January is the Arsenal's Biggest Loser Weight Loss Challenge.



Kathy Berry

The program will kick to continue. off Jan. 8 and go until March 30. The prothe workforce.

Cost is \$100 per par- Monday encourage, and motia healthier, more positive lifestyle." Berry said that prizes will be given during the challenge to keep people motivated

4:00 4:30-5:30 -5:30

Participants in the Biggest Loser challenge gram is open to the will weigh in and get general public as well as measured from 6 to 9 a.m. and 1 to 4 p.m., through ticipant. The program Thursday. Participants is designed, according are required to workout to a flyer, "to promote, at least four time a week for 30 minutes or vate individuals toward three times a week for 45 minutes. To receive credit, a fitness attendant must sign the participant's card.

Berry has been work-

January 2018

ing for Recreation Services since the end of Oc-This tober. something I love to do. I have been teaching classes since I started coming out here," she said. "I want to try to get the folks who used to come to the gym back in here. Get them motivated and keep them going."

In addition to the Biggest Loser, Berry said that she plans to get other classes going. "It may take a few months to get everything in place and get everyone going," she said. "I want to see more than half the gym floor taken up with people taking classes. Classes start Jan. 2."

Classes starting in January will include kick boxing, strength training, circuit training, aerobic training, and abs. "We are going to use every piece of equipment in the gym," she said. "That is my goal."

The classes will not cost extra. Participants will need an Arsenal FMWR card.

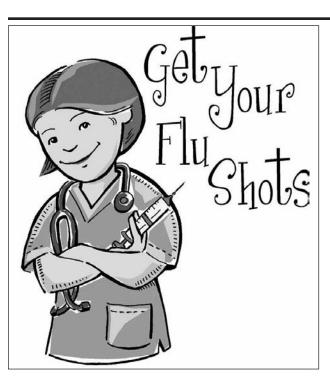
For information about the classes or the Biggest Loser Weight Loss Challenge, call 540-3621 or come by the Fitness Center at Bldg. 16-310.



16-310 Flemming Drive Pine Bluff, Ar 71602 Phone: (870) 540-3778 Workout Hours 3:00 P.M. - 4:00 P.M. 4:30-5:30 Mon-Fri

Sun Mon Tue Wed Thu 3 Kick Boxing 4 Ab's 40min 5 Combo 2 Ab's 40min 3:004:00 /4:30 3:00 4:00 /4:30-3:00-4:00 /4:30- Training 3:00-5:30 4:00/4:30-5:30 5:30 8 Aerobic 9 Ab's 40 min 10 Strength 11 Ab's 40min 12 13 Training 3:00— 3:00-4:00 4:30 Training 3:00— 3:00-4:00 4:30 4:00/4:30-5:30 -5:30 4:00 4:30-5:30 -5:30 14 16 Ab's40 min 17 Kick Box-18 Ab's 40min 19 Combo 20 15 Strength Training 3:00-Training 3:00- 3:00-4:00 4:30 ing 3:00-4:00 3:00-4:00/ 4:00 4:30-5:30 4:00 4:30-5:30 4:30-5:30 4:30-5:30 22 Circuit 23 Ab's 40min 24 Step/Rope 25 Ab's 40min 26 Training 3:00- 3:00-4:00 4:30 Day 3:00-4:00 3:00-4:00 4:30 4:00 4:30-5:30 4:30-5:30 28 29 Aerobic 30 Ab's 40min 31 Kick Box-Training 3:00-3:00-4:00 4:30 ing 3:00-4:00

4:30-5:30



Flu shots available

Pine Bluff Arsenal Health Clinic is still offering flu shots. Shots will be given from 1 to 3 p.m., Monday through Thursday and all day Friday.

The Centers for Disease Control estimates that flu-related hospitalizations since 2010 ranged from 140,000 to 710,000, while flu-related deaths are estimated to have ranged from 12,000 to 56,000. During flu season, flu viruses circulate at higher levels in the U.S. population.

"Flu season" in the United States can begin as early as October and last as late as May. An annual seasonal flu vaccine is the best way to reduce your risk of getting sick with seasonal flu and spreading it to others. When more people get vaccinated against the flu, less flu can spread through that community.

FEW November meet focuses on compliance

Courtesy of Bluff Center Chapter of FEW

The Bluff Center Chapter of Federally Employed Women held their monthly meeting Nov. 15 at the Pine Bluff Arsenal Training Center. The featured speaker was John Bynum with the Arsenal's Equal Employment Opportunity office.

Bynum's presentation was on "What is Compliance?" It was a very informative presentation

giving our members and guests a review of topics such as EEO rules and regulations, reporting requirements such as the MD 715, complaint processes, sexual harassment, and described to the contribute of the cont environments. Bynum was presented a certificate of appreciation by Chapter president Becky Simmons for speaking to the chapter on compliance one of FEW's four focus areas. A meal was provided by chapter members, and a short business meeting was held after the presentation. The chapter's 2017-2018 budget was approved and discussion was held on the Chapter's Christmas party and support of the CASA Women's Shelter in Pine Bluff.

The FEW January 2018 meeting is scheduled tentatively for Jan. 17 at Jefferson Labs. More details will be forthcoming.

The Bluff Center chapter meets the third Wednesday of the month at 11:30 a.m., alternating between Jefferson Labs and the Pine Bluff Arsenal. Membership is open to all employees (women and men) of the U.S. government, government contractors, and others who subscribe to the purpose of our organization. This includes employees in private industry, men and women in the military (active duty, reserves, and National Guard). We are a private, non-profit, membership organization founded in 1968. We work in partnership with the Federal Women's Program and we focus on legislative issues, compliance, training, and diversity applicable to all employees. We strive to offer training in these four focus areas along with other important subjects at all of

our monthly meetings.

All are welcome to join us to learn more about our organization and how we can serve you. For more information regarding meeting date/time, contact Becky Simmons, chapter president at 870-543-0585 or any of our PBA members or visit our website at www.few.org

Response & Prevention prevent sexual assault.army.mil



Stacy Johnson, SHARP Academy instructor from Fort Leavenworth, from Fort Leavenworth, Kan., conducts a first responder training on the Army's SHARP program for PBA firefighters Nov. 29. This training – which is being piloted here at the Arsenal, according to Travis White, Directorate of Law Enforcement and Security ment and Security training officer, was held during the last week in November for all first responders here on the Arsenal. Updates to the SHARP program here at PBA are in the works and a story is set for the January Arsenal Sentinel about the new SHARP program manager, **Damaris** Sullivan-Powe.



From left, Barbara Smith, Sexual Assault Response Coordinator for Pine Bluff Arsenal; Kenny Santee, Training Instructor - SVCC, U.S. Army Military Police School, Fort. Leonard Wood, Mo., Damaris Sullivan-Powe - SHARP program manager for Pine Bluff Arsenal, Stacy Johnson - SHARP Academy Instructor, Fort. Leavenworth, Kan., Alan (AJ) Jarrell, fire chief for Pine Bluff Arsenal, and Travis White, training specialist for Pine Bluff Arsenal's Directorate of Law Enforcement and Security. All of these individuals comprise the Mobile Training Team. According to the Sexual Assault Prevention and Response (SAPR) Program Procedures which is the DoDI 6495.02, all first responders are required to have this training annually. U.S. ARMY PHOTOS BY RACHEL SELBY

Arsenal's CYS sets winter camp sign ups

Courtesy of Pine Bluff yummy food. We are list. fit your needs and sub-Arsenal Child and USDA approved for Youth Services

Are you needing care for your child/children in Kindergarten through

12th grade? Winter camp signups are happening now at Pine Bluff Arsenal's Child and Youth

Services. Christmas and New Year's is just around the corner. CYS winter camp activities will include

games

crafts,

and

breakfast, lunch and snack. Our staff are highly trained and are ready to have some fun.

During week one, CYS will be open Dec. 26-30, and for week two, the facility will be open Jan. 2-5. If you are interested in signing up your child/children for Winter Camp 2017 please go to militarychildcare.com to get them on our wait-

enroll your child/children:

Step 1: Create Account-Go to militarychildcare.com to create an account containing information about your family, or to login using an existing username and password.

Step 2: Search and Request Care-Search the system for the child care options that best

Follow these steps to mit your requests for

Step 3: Manage My Requests- You can manage your requests for care from anywhere in the world.

Step 4: Update My Profile- Keep your My Profile page up-to-date with important information.

For questions or more information, call 540-2972.





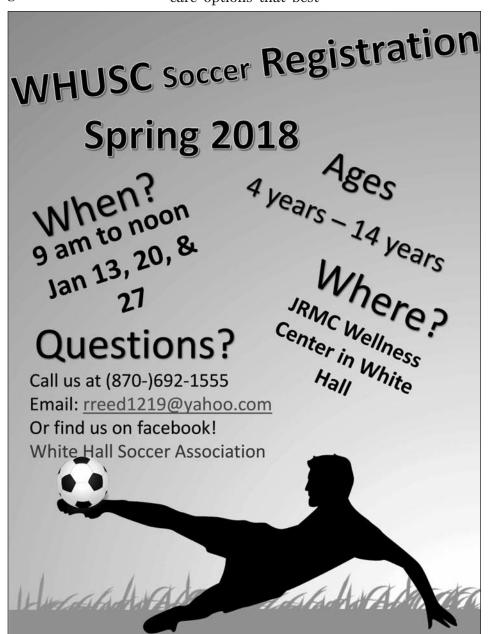
The "Biggest Loser" Challenge is designed to promote, encourage, and motivate individuals towards a healthier, more positive lifestyle. During the process of the program it will include fitness activities, good nutrition, fitness education, and motivation. Everyone must possess an FMWR card to participate. Registration begins 4 December 2017. Cost is \$100.00 dollars per participant. Prizes will be given throughout the challenge. However, there will only be one overall winner...will that winner be you?

MWR FITNESS CENTER **Hours of Operations** Mon - Thurs 0530 - 2000 Fri. 0930 - 1800

Closed on Sat/Sun

For More Information Contact (870) 540 - 3621 or Stop by





EAP Corner

December is national 3D month

Courtesy of Pine Bluff Arsenal's Employee

Assistance Program

Great strides have been made in the last couple of decades in sending the message that driving drunk is dangerous, and presents a serious public health risk to all. There are misconceptions that driving under the influence of marijuana or a prescription medication is safer than driving while impaired by alcohol. We have a lot of work to do and need to be serious when it comes to drunk and drugged driving. The bottom line is impaired is impaired.

Every day, 28 people in the United States die in motor vehicle crashes that involve an alcohol-impaired driver. This is one death every 51 minutes. The annual cost of alcohol-related crashes totals more than \$44 billion. Drunk and drugged driving can result in horrible tragedies and loss of life.

How big is the problem?

• In 2015, 10,265 people died in alcohol-impaired driving crashes, accounting for nearly onethird (29 percent) of all traffic-related deaths in the United States.

• In 2015, a total of 1,132 children 14 and younger were killed in motor vehicle traffic crashes, of these 1,132 fatalities, 181 children (16 died in alcohol-impaired-driving percent) crashes.

• In 2015, nearly 1.1 million drivers were arrested for driving under the influence of alcohol or narcotics. That's one percent of the 111 million self-reported episodes of alcohol-impaired driving among U.S. adults each year.

• Drugs other than alcohol (legal and illegal) are involved in about 16 percent of motor vehicle

• Marijuana use is increasing and 13 percent of nighttime, weekend drivers have marijuana in

• Marijuana users were about 25 percent more likely to be involved in a crash than drivers with no evidence of marijuana use, however other factors - such as age and gender - may account for the increased crash risk among marijuana users (NHTSA, 2015).

Drugged driving

It is known that drugs, even those prescribed by a physician, can impair perception, judgment, motor skills, and memory. Recent surveys have shown how pervasive drugged driving has become in the United States. The Office of National Drug Control Policy or ONDCP is taking steps to highlight the growing problem of drugged driving. Specifically, ONDCP aims to make preventing drugged driving a national priority on par with drunk driving.

To work toward this goal, ONDCP's strategy

 Encouraging states to adopt Per Se drug impairment laws;

 Collecting further data on drugged driving; Enhancing prevention of drugged driving by

education communities and professionals; Providing increased training to law enforcement on identifying drugged drivers; and,

Year		Total Fatalities in all Crashes	Alcohol-Impaired Driving Fatalities (BAC = .08+)		
			Number	Percent	Per 100 Million VMT
2012	Arkansas	560	144	26	0.43
	US	33,782	10,336	31	0.35
	Best State*			15	0.08
2013	Arkansas	498	121	24	0.36
	US	32,893	10,084	31	0.34
	Best State*			17	0.14
2014	Arkansas	470	136	29	0.40
	us	32,744	9,943	30	0.33
	Best State*	A MARKET A PRINCIPLE	164 174 401	18	0.11
2015	Arkansas	550	158	29	0.45
	US	35,485	10,320	29	0.33
	Best State*			15	0.14
2016	Arkansas	545	117	21	
	US	37,461	10,497	28	
	Best State*			19	

· Developing standard screening methodologies for drug-testing labs to use in detecting the presence of drugs.

Marijuana-impaired driving

Discussions of marijuana legalization in some states are putting increased focus on marijuanaimpaired driving and its impact on public safety.

Project SAM (Smart Approaches to Marijuana) summarizes the latest science on the effects of marijuana on the brain and body. It explains how the drug can significantly alter the ability of an individual to drive a vehicle safely. The typical effect is significantly diminished psychomotor performance. Psychomotor skills are essential for the basics of driving; steering, braking, and shifting between gears. These effects can more than double the risk of a vehicle crash.

Making healthy choices

Designating a sober driver or finding a safe ride home via a taxicab or other means reduce impaired driving crashes. It removes the impaired drivers from the road as well as deters others from attempting to drive, thereby lessening the hazards to innocent people.

Our ability to safely drive a motor vehicle can also be impacted by drug use, including medical marijuana and prescription drugs. When you drive drunk or drugged, you aren't just putting yourself at risk, you are endangering anyone else who is riding in your vehicle, and everyone else on the road (Kathy Peters, 2015).

Please drive to arrive alive this holiday season! Merry Christmas and Happy New Year! The Pine Bluff Arsenal Employee Assistant Office staff are here to help. We offer you a safe and confidential place to discuss concern, challenges, and strategies for managing difficulties in your life. Our office is located at Building 13-040 and phone number is 540-3094.

PROCLAMATION In 2015, impaired driving led to 429 deaths in a year in Arkansas; and whereas in the United States 1.1 million drivers are arrested each year for impaired driving; and WHEREAS: The National Highway Traffic Safety Administration (NHTSA) has created the You Drink & Drive. You Lose. National Campaign to address this public health and traffic safety problem; and WHEREAS: NHTSA and its You Drink & Drive. You Lose. partners nationwide are working toward a goal of reducing impaired driving fatalities; and WHEREAS: WHEREAS home via a taxi or other means, reduces impaired driving crashes both by removing impaired drivers from the road, as well as deterring others from attempting to drive, and thereby lessen the hazards to innocent people; and The Pine Bluff Arsenal of Jefferson County in Arkansas, considers its duty to protect our citizens from hazards such as impaired drivers, of the highest priority; therefore be it WHEREAS: That the Pine Bluff Arsenal of Pine Bluff, Arkansas hereby joins the You Drink & Drive. You Lose. campaign in proclaiming December 20 to be Lights on for Life; the month of December to be Drunk and Drugged Driving (3-D) Month and hereby proclaims support for designated sober drivers and safe ride activities as valuable weapons in the battle against impaired driving. 1705 254 PO

DRUNK AND DRUGGED DRIVING

Unscramble Words /Drunk and Drugged Driving COLLAHO ERBE NIWE SPTNOPORIEIC ZUBZ GURDS RUNDK MAPTIRMINE VINGDRI CADIMIETNO ARIMUAJAN RUGGDED	ILLAHO BE NE TNOPORIEIC BZ RDS NDK APTIRMINE JGDRI DIMIETNO IMUAJAN		
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RUGGDED	GGDED	ARIMUAJAN	
		RUGGDED	

Speaking engagement



Pine Bluff Arsenal's Deputy to the Commander Roch Byrne speaks to the Pine Bluff Rotary Club during November at the Pine Bluff Country Club. Byrne gave an update on the Arsenal's mission during his talk. U.S. ARMY PHOTO BY HUGH MOR-

ETHICS

Continued from Page 2

holiday activities. For example, duty time should not be used to cook food or purchase cookies and refreshments.

Employees may exchange gifts during the holiday season but must be mindful of appearances and the rules on gifts between employees. Specific rules follow:

a. Gift Exchange: A \$10 limit should be established to avoid an inadvertent violation of the ethics rules on gifts between employees.

b. To Supervisors: You may not solicit contributions from other employees for a group gift to a superior. You should refuse a gift valued at over \$10 from another Federal employee who makes less money than you do, unless there is no superior-subordinate relationship, and there is a personal relationship that would justify the gift.

c. From Contractors & Outside Organizations: Government personnel may not accept gifts, including attendance at parties, openhouses, and receptions from contractors, contractor personnel, and other outside organizations unless one of the following exceptions and exclusions applies: (1) "\$20 Rule:" DoD

personnel may accept gifts (other than cash) not exceeding \$20, as long as the total amount of gifts that the personnel accepts from that source does not exceed \$50 for that calen-

dar year. (2) Personal Gift: DoD personnel may accept a gift, even from a contractor employee, when it is based on a bona fide personal rela-

e. Minimize the use tionship, such as a rela-cepting gifts from con-contractor employee paid for personally by the contractor employee, not the com-

> (3) Widely-Attended Gathering: DoD personnel may generally attend an open-house or reception and accept free refreshments if the event is widely-at-tended and the employee's supervisor provides advance approval in writing that it is in the agency's interest that the employee attend.

(4) Open to the Public: DoD personnel may accept invitations (even from contractors) that are free and open to the public, all Government employees, or to all mil-

itary personnel.
(5) Gifts unrelated to DoD employment: DoD personnel may accept invitations offered to a group or class that is not related to Gov-ernment employment (for example, if the apartment a owner where you live throws a reception for all of the tenants of the build-

(6) Modest Items of Food and Refreshments: DoD personnel may accept food items consisting of soft drinks, coffee, pastries, or similar modest nonalcoholic refreshments not constituting a meal.

(7) Gifts based on Outside Business or employment relationships: DoD personnel may accept attendance to events when the invitation is solely based on outside business or other employment relationships.

d. Even some gifts that qualify for an exception may create an appearance

of impropriety. Always consult with your supervisor and ethics counselor before acCommon Situations

a. Gift to Supervisor: Your office wants to collect money to give the supervisor a gift. This poses a problem. You may not solicit other employees for the supervisor's gift, and the supervisor is prohibited from accepting any gift in excess of \$10 from a subordinate employee. (Group gifts are permitted only for special, infrequent events such as retirements.) cepting gifts from contractors is also prohibited unless an exception or exclusion

applies, such as the "\$20 Rule". b. Office Party: Your office is having a holi-day party during the lunch hour. Each employee is asked to pay \$5 to cover refreshments and to bring a pot luck dish or dessert. Remember, contribu-tions must be voluntary, so soliciting must be done with care to ensure there is no presinvited, contractors must attend at no cost to the Government.

c. Gift Exchange: Your office wants to exchange gifts at the of-fice party. Because it is difficult to have a truly anonymous gift exchange, you should restrict the value of gifts to \$10 or less if the recipients are of different pay levels.

d. Private Parties (Federal Employee Host): An employee is having a party at his home and has invited office personnel, including support contractors. A gift of food and refreshments to a contractor employee does not violate Federal ethics restrictions, but be mindful of appearances. In addition, the

his/her employer before accepting because many contractors have their own ethics rules. The Government employee host may accept a customary hospitality gift, such as a modest bottle of wine, from a subordinate Government employee. If a contractor employee brings a hospitality gift, it may not exceed \$20 (if the gift exceeds \$20 but is edible and may spoil, the host may accept it on behalf of all the guests and share it with them).

e. Private Parties (Contractor Host): If a contractor employee or company is having a party and invites Government personnel, the Government personnel generally must decline because the food, drink, and entertainment is a gift from a prohibited source. Several of the gift exceptions described above may, however, permit attendance such as if the average cost per guest does not exceed \$20 (the "I won't eat more than \$20 worth of food" defense won't defense won't work). If you are invited to a party by a defense contractor, the best course of action is to consult with your supervisor and an ethics counselor before attending

6. NOTE: This guidance only highlights common questions and does not cover every situation. Contact any of the following Ethics Counselors with specific questions:

a. Dallas Heltz at Dallas.W.Heltz.civ@mail.mi l or DSN 966-3131

b. Marina Yokas-Reese at marina.d.yokasreese.civ@mail.mil or DSN 793-8458.



Employees interested in the Arsenal's mentoring program should sign up by April 17, 2018.

Safety Corner



Staying safe during holiday season

Courtesy of Risk Management and Affairs-Regulatory Safety Division

Holiday safety is an issue that burns brightest from late November to mid-January, when families gather, parties scheduled and travel spikes.

Take some basic precautions to ensure your family remains safe and injury-free throughout the season.

Putting up decorations is one of the best ways to get in a holiday but about 15,000 injuries involving holiday decorating were seen in emergency rooms during the 2012

• "Angel hair," made from spun glass, can irritate your eyes and skin; always wear gloves or substitute non-flammable cotton

 Spraying artificial snow can irritate your lungs if inhaled; follow directions carefully

• Decorate the tree with your kids in mind; move ornaments that are breakable or have metal hooks toward the

 Always use the proper step ladder; don't stand on chairs or other furniture

• Lights are among the best parts of holiday decorating; make sure there are no exposed or frayed wires, loose connections or broken sockets

• Plants can spruce up your holiday decorating, but keep those that may be poisonous (including some Poinsettias) out of reach of children or pets; the national Poison Control Center can be reached at (800) 222-1222

• Make sure paths are clear so no one trips on wrapping paper, decorations, toys, etc.; NSC provides tips for older adults on slip, trip and fall protection

We've all heard it's important when choosing toys for infants or small children to avoid small parts that might prove to be a choking hazard.

Here are some additional gift-related safety

Select gifts for older

heavy or awkward to handle

• Be aware of dangers associated with coin lithium batteries; of particular concern is the ingestion of button batteries

 For answers to more of your holiday toy safety questions, check out this Consumer Product Safety Commission blog

• See which toys have been recalled

Thousands of deaths are caused by fires, burns and other fire-related injuries every year, and 12 percent of home candle fires occur in December, the National Fire Protection Association reports.

Increased use of candles and fireplaces, combined with an increase in the amount of combustible, seasonal decorations present in many homes means more risk for fire.

 Never leave burning candles unattended or sleep in a room with a lit candle

reach of children

 Make sure candles are on stable surfaces

• Don't burn candles near trees, curtains or any other flammable items

 Don't burn trees, wreaths or wrapping paper in the fireplace

 Check and clean the chimney and fireplace area at least once

Precautions must be when using taken turkey fryers during the holidays or anytime.

• Set up the fryer more than 10 feet from the house and keep children away

 Find flat ground; the oil must be even and steady to ensure

• Use a thawed and dry turkey; any water will cause the oil to bubble furiously and spill over.

• Fryer lid and handle can become very hot and cause burns

• Have a fire extinguisher ready at all

The U.S. Depart-• Keep candles out of Human Services pro-

vides some holiday food safety tips. Here are a

• Do not rinse raw meat and poultry before cooking

 Use a food thermometer to make sure meat is cooked to a safe temperature

• Refrigerate food within two hours

 Thanksgiving leftovers are safe for four days in the refrigerator

• Bring sauces, soups and gravies to a rolling boil when reheating

 When storing turkey, cut the leftovers in small pieces so they will chill quickly

• Wash your hands frequently when handling food

Many people choose to travel during the holidays by automobile, with the highest fatality rate of any major form of transportation.

In 2013, 343 people died on New Year's Day, 360 on Thanksgiving Day and 88 on Christmas Day, according to ment of Health and Injury Facts 2015. Alcohol-impaired fatalities represented 31 percent

• Use a designated driver to ensure guests make it home safely after a holiday party; alcohol, over-the-counter or illegal drugs all cause impairment

 Make sure every person in the vehicle is properly buckled up no matter how long or short the distance being traveled

• Put that cell phone away; distracted driving causes one-quarter of all crashes

 Properly maintain the vehicle and keep an emergency kit with you

• Be prepared for heavy traffic, and possi-

bly heavy snow Remember, guests are staying in your home, make sure areas have night lights or easy-to-reach lamps in case they need to get

up during the night. And, whether you are visiting someone else's home or you have guests in your home, make sure all medications are kept up and away and out of sight from young children.

CYS Sale



Debbie Johnson, Pine Bluff Arsenal's Child and Youth Services Coordinator, was ready and waiting to open the doors for the recent CYS sale. CYS held the sale recently on various items recently in their gym. Items included furniture, toys, books and games. U.S. ARMY PHOTO BY

RFAAP environmental ensures compliance Courtesy of Charlie Saks

RFAAP Public Affairs

The Clean Air Act set national standards for six common air pollutants: particulate matter, ground-level ozone, carbon monoxide, sulfur oxides, nitrogen oxides and lead. As a result of efforts across Radford Army Ammunition Plant (Radford, Va.) to control emissions from stationary and mobile sources, air pollution at RFAAP has decreased. The new Natural Gas Package Boilers have been key in eliminating the air qual-

Water. We drink it, bathe in it, cook with it, depend on it for food, recreation, travel, production process, firefighting and consistently use this resource in our everyday lives. Such a necessary part of human existence must be protected in order to provide RFAAP employees, contractors, tenants and housing residents with clean, safe water sources.

Water discharges at RFAAP are monitored to make sure that minimal levels of permitted pollutants enter the New River near the facility. Discharge permits are monitored 24/7 and for the types and amounts of pollutants that can be safely discharged.

RFAAP works to uphold the regulations that govern solid waste management, including reuse, recycling, storage, treatment and disposal. The facility is unique because of the explosive waste generated and the permitted disposal. A new Explosive Waste Incinerator is in the 90 percent design phase and will help RFAAP reduce permitted open burning of propellant.

Responding to pollution-related emergencies is a responsibility that RFAAP shoulders across the entire plant. Creating preparedness and contingency plans is a way that RFAAP stays ready for a variety of environmental emergencies.





Photo left, Gen. Gustav Perna, Commanding General of U.S. Army Material Command, arrives in Tennessee for a visit at Holston Army Ammunition Plant. Photo above, JMC Command Sgt. Maj. Tomeka O'Neil poses for a photo with members of the Holston Army Ammunition Plant staff during her visit to the facility. U.S. ARMY PHOTOS BY HSAAP

Perna, O'Neil among recent visitors to Holston

By Kathy O. Cole **HSAAP Public Affairs**

October and November were extremely busy months for Holston Army Ammunition Plant in Kingsport, Tenn. In addition to the normal day-to-day operations of the facility, Holston hosted sevdistinguished visitors during the two month period. Gen. Gustav F. Perna, Commander of the U.S. Army Material Command visited the facility Oct. 23, followed by Command Sgt. Maj. Tomeka O'Neil with U.S. Army Joint Munitions Command Oct. 24. Both officers received a windshield tour of Holston and general overview of the plant.

cluded Lt. Gen. Edward tour focused on the

Your AbilityOne vendor

questions.

GSA store gives guidance

From the Pine Bluff Arsenal GSA Supply Store:

Act (41 U.S.C. 253) and guidance in the Federal

Acquisition Regulation (FAR 8.002), the Ability-

One program has a priority for supplies and serv-

ityOne products applies to any dollar amount.

Government purchase card holders are required

to buy AbilityOne products if they cannot get

their supplies from the Federal Prison Industries

which has priority over the AbilityOne Program.

This means government employees should not

purchase from Staples when you can get it from your local GSA Supply Store. Call 540-3417 to let

us help answer your office supply/furnishing

In fact, the statutory requirement to buy Abil-

ices to satisfy agency requirements.

According to the Competition in Contracting

M. Daly, AMC Deputy RDX and IMX expan-subordinate installalowed by a team of individuals from the United States Army Technical Center for Explosives Safety on Nov. 6-8. The team visited potential construction sites to visualize actual relationships with existing and future projects to ensure that all safety standards are met for upcoming modernizations projects and RDX expansion.

Holston had the privilege of hosting Congressman Michael Turner (R-OH), Chairman of the Armed Services Tactical Air and Land Forces Subcommittee and Lt. Gen. John Murray, DCS, G-8, Nov. 10. Both received an orientation The next visit in- brief and a production

Command, Nov. 3, fol-sion programs at Hol-tion of the Joint Muniston. Holston continues to

support readiness through production of bulk explosives. Holston AAP is a Gov-

ernment-Owned, Contractor-Operated facility located in Kingsport, Tenn. BAE Systems is the current operating contractor. Since 1942, Holhas produced explosives in support of the Department of De-

Holston AAP is a

tions Command.

JMC operates a nationwide network of conventional ammunimanufacturing plants and storage depots, and provides onammunition experts to U.S. combat units wherever they are stationed or deployed.

JMC's customers are U.S. forces of all military services, other U.S. government agencies and allied nations.



was the night before Christmas, he lived all alone, was the light before Christians, the fived an adore, in a one bedroom house made of plaster and stone. I had come down the chimney with presents to give, and to see just who in this home did live. I looked all about, a strange sight I did see,

no tinsel, no presents, not even a tree.

No stocking by mantle, just boots filled with sand No stocking by mantie, just boots med with sand, and on the wall pictures of far distant lands. With medals and badges, awards of all kinds, a sobering thought came to my mind.

For this house was different, so dark and so dreary, the home of a soldier, now I could see clearly.

The soldier lay sleeping, silent, alone, curled up on the floor in this one bedroom home. The face was so gentle, the room in such disorder, not how I pictured a United States soldier. Was this the hero of whom I'd just read? Curled up on a poncho, the floor for a bed?

I realized the families that I saw this night, owed their lives to these soldiers who were willing to fight. Soon round the world, the children would play, and grownups would celebrate a bright Christmas day. They all enjoyed freedom each month of the year, because of the soldiers, like the one lying here

I couldn't help wonder how many lay alone, on a cold Christmas eve in a land far from home. The very thought brought a tear to my eye, I dropped to my knees and started to cry. The soldier awakened and I heard a rough voice, "Santa don't cry, this life is my choice;

I fight for freedom, I don't ask for more, my life is my God, my country, my corps."
The soldier rolled over and soon drifted to sleep, I couldn't control it, I continued to weep I kept watch for hours, so silent and still, and we both shivered from the cold evening's chill.

I didn't want to leave on that cold, dark, night, this guardian of honor so willing to fight.

Then the soldier rolled over, with a voice soft and pure, whispered, "Carry on Santa, it's Christmas day, all is secure."

One look at my watch, and I knew he was right.
"Merry Christmas my friend, and to all a good night."

By Lance Corporal James M. Schmidt

CELEBRATING VETERANS DAY 2017



Members of a
Jefferson
County
motorcycle
riders club
salute the flag
during the annual White Hall
Veterans Day
ceremony
Nov. 11.
U.S. ARMY
PHOTOS BY
HUGH
MORGAN



Pine Bluff Arsenal Commander Col. Kelso Horne III speaks during the annual Veterans Day program at the White Hall Community Center.



The famous Budweiser Clydesdales were a big draw for the crowd attending the annual White Hall Veterans Day program at the White Hall Community Center. M&K Distributors in Pine Bluff served free hot dogs and hamburgers for lunch after the ceremony. U.S. ARMY PHOTO BY RACHEL SELBY



White Hall Mayor Noel Foster speaks at the annual Veterans Day ceremony Nov. 11 at the White Hall Community Center. During the ceremony, Foster did a special tribute to all the Vietnam-era veterans.



Dr. Richard Bailey with the University of Arkansas at Pine Bluff plays "Taps" as the annual Veterans Day ceremony concludes Nov. 11.

